

50+ Recreation

July 2018

Our mission is to enrich the lives of our citizens.

ISSUE 7

www.ColumbusRecParks.com

2018 Jazz and Rib Fest



This highly anticipated summertime tradition offers both jazz and rib connoisseurs the finest in music and barbeque. With the addition of 33 acres of parkland along the Scioto Mile, the revitalized downtown riverfront provides the perfect location for hot ribs and cool jazz. The festival offers three days of continuous live performances while barbeque pit masters serve up sizzling ribs, chicken and more!

Friday, July 20	11 am- 11 pm
Saturday, July 21	11 am- 11 pm
Sunday, July 22	11 am- 8:30 pm

Admission is free!

For more information, check out hottribscooljazz.org.



Golden Hobby Shop
630 S. Third St. in German Village
Columbus, Ohio 43206
Phone 614-645-8329

Shop Hours of Operation: Tuesday- Saturday
10 am – 5 pm
Free parking

The Golden Hobby Gift Shop is going to the Ohio State Fair! Be sure to visit us at the Martin Janis Center (where there's entertainment and air conditioning).

We're also continuing our Second Saturday free Make It Take It craft classes for kids and adults together. Go to Eventbrite.com to register and to see the current month's crafts, visit Columbus Recreation and Parks' website for the full schedule through Fall or give a call to the Shop.

July 2018

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Newsletter Editor: Wendy Frantz	645-7427

Dance

Gillie Dance

Line Dance *Beginners* **Tuesdays** **1 pm**
Advanced **Tuesdays** **2 pm**
Intermediates **Fridays** **10:30 am**

Move & Groove **Mondays** **7:30 pm**

Tap Dance:

Advanced **Wednesdays** **10 am**

Beginning **Wednesdays** **10:50 am**

Ballet Class **Wednesdays** **5 pm**

Gillie Wednesday Evening Dance Information

6:30 – 9 pm **Admission: \$5**

Come early for line a line dance session: 6:30-7 pm.

The DJ begins spinning a variety of dance music at

6:30 pm. Refreshments served, dancing until 9 pm.

Weekly Themes:

July 4 **Center Closed**

July 11 **Happy Birthday America**

July 18 **Birthdays and Anniversaries**

July 25 **Christmas in July**

Marion Franklin

Line Dance (Intermediate)

Mondays, Wednesdays and Fridays **10-11 am**

Beginners **Wednesdays** **11 am**

Men's **Tuesdays and Thursdays** **1 pm**

Line Dance Workout **Tuesday and Thursday 10 am**

Men In Black Rehearsal

Tuesdays and Thursdays **2 pm**

Evening Line Dance

Beginners **Tuesdays and Thursdays** **5:30-6:30 pm**

\$20 per person, per session

Urban Ballroom Dancing

Tuesdays **7-8:30 pm** **\$25 per person, per session**

Zumba

Wednesdays **6-7 pm** **\$25 per person, per session**

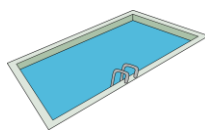
50+ Water Exercise

Summer water aerobics:

Mondays – Thursdays **10 am**

Columbus Aquatic Center

1160 Hunter Ave. 43201



\$2 per visit or \$20 for a summer pass; purchase pass from instructor at the pool.

For more information, call 645-3129.

Red Hats

Gillie's Fillies Red Hatters: Mark your calendars!

Putting on the Ritz Show

Saturday, June 9

10 am doors open, 12 pm seated lunch

At Embassy Suites 5100 Upper Metro Pl. Dublin

The Countertop at Whole Foods

Thursday, June 14 **11:30 am**

4100 Easton Gateway Drive

Pool Party at Dottie's

Thursday, July 12 **Noon**

Brown Bag lunch... Red Hats and Swimsuits.

Trips

Barnett

645-3065

Art Museum

Tuesday, July 10 **1 pm**

Cost \$11 (admission/tour)

Let's spend the afternoon at The Columbus Museum of Art! We will go on a guided tour, as well as have time to explore the museum, café, and gift shop on our own.

Clippers

Tuesday, July 17

Cost \$7

Join us as we cheer on the Columbus Clippers at Huntington Park. \$5 lunch options available. **Please register at the front desk by Monday, July 9.**



Bowling at Holiday Lanes

Tuesday, July 24 **10:30** **Cost \$10**

We will escape the heat and spend the morning inside bowling. Cost includes games, shoes, and transportation.

Ye Olde Mill

Tuesday, July 31

Cost \$5

We'll celebrate National Ice Cream Month by touring the Velvet Ice Cream Factory in Utica, OH. During the 30 minute walking tour, we will learn the history of the 100+ year old company, as well as the process behind the production of Velvet Ice Cream. Any ice cream and/or lunch will be on your own.

Trips

Dodge 645-8151

Senior Day at The Ohio State Fair

Tuesday, July 31 **9:30 am** **Cost \$4**

Register at the front desk. Pay \$4 to reserve your ticket and a place on the van.

Please join us for Senior Day at the fair. There will be a free concert at the Celeste Center sponsored by WCOL. This year its **The Rat Pack is back! Join us at 12:30 p.m. at the Celeste Center** to take a trip back in time to listen to some of our favorites paying tribute to Frank Sinatra, Sammy Davis Jr., and Dean Martin!

Gillie 645-3106

Gillie Trip Policy for 2018: Please call 645-3106.

Mystery Lunch

Friday, July 13 **9:30 am** **Cost \$7**

Registration begins Friday, July 6.

Gillie Center History Tours Present:

Modern Food Production Techniques in the 21st Century

Wednesday, July 25 **8 am-6 pm** **Cost \$20**

We will travel to the Wooster Campus of The Ohio State University to learn more about modern food production and how it affects our lives.

Lunch is on you. **Registration begins July 11.**

Senior Day at the Fair

Tuesday, July 31 **9 am-3 pm** **Cost \$7**

Your home base will be the Martin Janis Center, where there will be entertainment, food and fun. From there you can walk around the fair and see all the exhibits, animals and rides. At 12:30 you are invited to enjoy a free performance of "The Rat Pack is Back" in the WCOL Celeste Center.

Registration begins Wednesday, July 11.

Chocolates, Cheese and Wine Tour

Tuesday, August 21 **Cost \$135**

Includes: motor coach transportation, tours & lunch.

We will take a backroads tour to hear the stories and traditions of the Amish including visiting **Lehman's General Store** where the Amish go when they need houseware items, classic toys and old-fashioned candy. We will have **lunch in an Amish home** and visit

Walnut Creek Cheese for bulk foods, spices, jams and jellies; **Coblentz Chocolates** for gourmet chocolates and a large assortment of candies and **Broadrun Cheese & Swiss Heritage Winery** for a wonderful variety of cheese and wines.

Registration begins Tuesday, July 3.

Gillie (continued) 645-3106

Ghosts, Vegas Legends and Trains

Saturday-Sunday, September 15-16

Motor coach, lunch, tours, one night of rooms, breakfast at the hotel and baggage handling

Tour the **Trans Alleghany Lunatic Asylum**, formerly the Weston State Hospital of West Virginia which served as a sanctuary for the mentally ill in the mid-1800's. The history of the building holds fascinating stories of Civil War raids, a gold robbery, and the "curative" effects of its beautiful architecture. Ride aboard the **Tygert Flyer**; this vintage diesel-powered passenger train is known as one of the most relaxing mountain excursions in West Virginia. Enjoy a four-hour trip aboard a very comfortable, climate-controlled train featuring two separate mountain grades, an S curve tunnel, passage into a 1500 feet deep canyon and a high bridge over the meandering Shavers Fork of the Cheat River. **West Virginia's Jackson Mill Farmstead Tour and Vegas Legends at the American Mountain Theater**, this show captures the excitement and energy of Las Vegas, while featuring the sweet refrains of yesterday's and today's legendary musicians like Elvis Presley, Wayne Newton, Tom Jones, Celine Dion, Donny & Marie, Garth Brooks and more. **\$428 per person (double occupancy), \$504 (single occupancy). Sign up now!**

Marion Franklin 645-3612

Please remember to hydrate yourself by drinking plenty of water the day/night prior to trips and bring water with you.

Breakfast and Movie

Tuesday, July 10 **9 am**

Cost \$5 (Transportation Only)

We will leave the center and head to breakfast then head to the movies. The movie we see will be determined a week prior, based on showings and times. Please register at the front desk.

Franklin County Fair

Monday July 16 **8:30 am-3 pm** **Cost \$12**

Cost includes transportation breakfast, lunch, and admission to fair. *Please register at the front desk.*

Scavenger hunt

Wednesday July 18 **9:30 am**

Cost \$5 (Transportation Only)

Join us as we head out to hunt down deals in the Columbus area and enjoy a nice meal together. *Please register at the front desk.*

Trips

Marion Franklin (continued)

645-3612

Put-In-Bay

Friday, July 13

Bus leaves at 8 am (please arrive at center by 7:30 am) and returns @ 5 pm

Cost \$115

The cost includes transportation to and from Put-In-Bay, tickets on Miller's Ferry to and from Island, all inclusive train tour of the island, which includes lunch (\$16 meal voucher). A private tour train with experienced guide will meet our group when we arrive on South Bass Island. The driver will give our group a narrated historical island tour with photo opportunities at South Bass Island Lighthouse and Perry's International Peace Memorial. The driver will stay with our group all day and will provide our group with door-to-door service to all of the attractions. Attractions included are Perry's Monument Visitors Center, Antique Car Museum, Butterfly House, Put-In-Bay Winery and Dollar Museum of Island Life. You will receive a \$12.00 lunch voucher good for TIPPER'S BUFFET: Savor the Private Buffet with two main entrees which could be beef, chicken, fish, or pork. Tipper's offers something for everyone! The main entrées are complemented beautifully by side dishes of pasta, potatoes, and vegetables, Tipper's famous salad bar, dessert and non-alcoholic beverage. Savor all the choices on Tipper's plentiful buffet in an air conditioned, nautical atmosphere.

Ohio State Fair Senior Day

Tuesday, July 31

9 am

Cost \$9

Seniors ages 60 and up can enjoy beating the heat by starting early. In addition, all fairgoers are invited to enjoy a free performance of The Rat Pack is Back in the WCOL Celeste Center at 12:30 pm. Cost covers transportation and admission to fair.



**JULY 25 - AUG. 5
2018**

Marion Franklin (continued)

645-3612

Louisville, Kentucky Overnight Trip

August 14/15 (non-refundable \$50 deposit)

Loading: 6 am / Departure: 6:30 am

Return to Columbus: 6 pm

Final payment due: August 6

Lodging: Fairfield Inn

\$250 double occupancy/ \$310 single room

Free hearty breakfast at the hotel.

Dinner will be included in the price along with tax and gratuity.

Enjoy The Muhammad Ali Center, Louisville Slugger Museum and Factory and The Evan Williams Bourbon Experience. During your free time enjoy Fourth Street Live. Please register at the front desk. For more information contact Crystal or Joanne @ 614-645-3612.

LaComedia: Driving Miss Daisy

Sunday, September 16

Cost \$75

Motor Coach transportation. Tickets will go fast for this trip.

Martin Janis

645-5954

Martin Janis will not take any field trips during July.

Whetstone

645-3217

Note: Any participant signing up for Whetstone trips must present payment at the time of registration.

ALL ARE WELCOME ON THIS TRIP!

Wednesday, July 11

10:30 am

The Red Hats/Cruising Cougars will be heading to Yutzees Amish market for some fresh picked sweet corn. We will also eat lunch at Flyers in West Jeff.

Please let Mike know you will be attending.

Hikes with Mike

Wednesday, July 18

9 am

Hikes with Mike will be heading to Scioto Audubon Park. Lunch will be a group decision unless I don't like where the group picks. **Please call Mike to RSVP.**

Mike's Taste of Italia

Wednesday, July 25

10:30 am

Mike's Taste of Italia will go Milano's Italian eatery. **Please call Mike to RSVP.**

COAAA Central Ohio Area Agency on Aging
3776 S. High St., 43207 614-645-7250

All This Stuff!!! Who Can Help Me Downsize Or Move?

Many people want to move to a smaller living space when they retire or when their children leave home. “Downsizing” is a term which has become quite popular this century. However, this task can be very challenging....as we live in a culture where it is quite easy to fill a house with clothes, shoes, kitchen items, books, knick-knacks, tools, collections and memories. Where to even start! The following types of professionals can assist you in this task. Information on how to locate them these types of professionals is listed below. Most of them are insured and have special certifications:

- **Senior Real Estate Specialists**--they receive specialized training in the 50+ market...to locate a specialist go to www.seniorsrealestate.com
- **Senior Move Managers**--the profession that assists older adults and their families with the emotional and physical aspects of relocation. To locate someone in this specialty go to www.nasmm.org.
- **Professional Organizers & Productivity Consultants**—those working in this profession are very diverse but generally they assist with hands on organizing, home maintenance and cleaning, as well as moving and relocating. Their national association’s website is www.napo.org.
- **Estate and Auction Companies**--these are companies that will sell items from the home. Some companies will price and auction individual items and some companies can come to the home and have an estate sale at the home. Some companies specialize in particular items or geographic areas. There is no one national website that lists such companies but you can search the internet for listings in your area. Also ask companies for a list of those who have recently used their services.

The Central Ohio Area Agency on Aging has a new guide available called “Transition and Moving Guide” which lists many of these specialists in Central Ohio. Call, 614-645-7250 to request a hard copy or download a copy from the website which is www.coaaa.org.

On the Scioto Mile

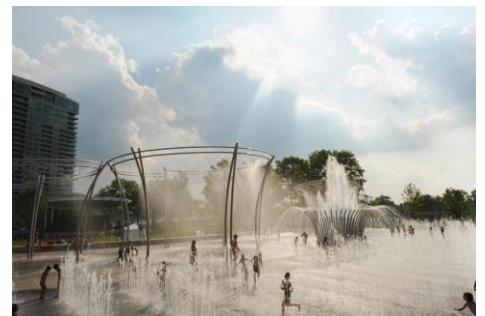
Red, White & Boom

Scioto Riverfront and Downtown Columbus

Tuesday, July 3

www.RedWhiteandBoom.org

The Fountain is open.



July is UV Safety Month

www.skincancer.org/prevention or www.foh.hhs.gov/UVIQ

The skin is the body's largest organ. It protects against heat, sunlight, injury, and infection. Yet, some of us don't consider the necessity of protecting our skin. Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) rays from the sun are the main cause of skin cancer. The good news? Skin cancer can be prevented. The purpose of UV Safety Month is to heighten the awareness of health problems and encourage the everyday steps you can take to safeguard your skin from the harmful effects of UV radiation from the sun.

-From Marion Franklin

Barnett will be CLOSED Wednesday, July 4th for Independence Day.

Open Pickleball
Thursdays 2 pm

Walking Club
Mon & Fri 10-10:45 am

Come join us for some fresh air this spring and summer as we get outside and log some steps.

Beginner Line Dancing & Aerobics
Mon & Wed 10:30 am-noon

Join Trent Clark and dance the morning away as he breaks down the moves step by step.

Water Aerobics
Wednesday 10-11 am \$2/class
 We will take a small trip once a week to the pool for a low impact, total body aerobic workout. Please sign up at the front desk.

Cooking for One
Friday 1:30-3 pm \$2/class
 Cooking for one can be daunting at times. Come join us as we whip up 1-2 different, quick and easy recipes each week.

Raffia Weaving
Thursday 9-10:30 am
 Using raffia- a natural fiber, complete a variety of projects using different methods of weaving.

Tuesdays are for trips & special events!
 Each week we will hit the road to explore Columbus and the surrounding areas, or host a special event at the center. Check the newsletter, or stop at the front desk, to see what is scheduled.

Free Produce Giveaway

Doors open at 2 pm to sign up, and the giveaway will start at 3 pm.
 Bring your ID and bags.



July 13, 2018
August 10, 2018
September 14, 2018
October 12, 2018

Summer Class Schedule

Stay Young, Stay Fit	<i>Mon & Fri</i>	<i>9 am</i>
Walking Club	<i>Mon & Fri</i>	<i>10 am</i>
Beginner Line Dance & Aerobics	<i>Mon & Wed</i>	<i>10:30 am</i>
Water Aerobics	<i>Wednesdays</i>	<i>10 am</i>
Raffia Weaving	<i>Thursdays</i>	<i>9 am</i>
Senior Weightlifting	<i>Thursdays</i>	<i>11 am</i>
Painting	<i>Thursdays</i>	<i>1:30 pm</i>
Pickleball	<i>Thursdays</i>	<i>2-3 pm</i>
Cooking for One	<i>Fridays</i>	<i>1:30 pm</i>

Please register for classes online or at the front desk.

****If there are any 50+ classes or special events you would like to see offered at Barnett, please let us know. We are always looking for new ideas!****

Monday
 Zumba 9:30-10:30am \$20

Tuesday
 Aiki Ju Jitsu 5:45-7:45pm \$35

Wednesday
 Zumba 9:30-10:30am \$20
 Yoga 6:30-7:30pm \$35

Thursday
 Beginner Hatha Yoga 6-7pm \$50
 Fundamentals of Watercolor 6-9pm \$85

Friday
 Zumba 9:30-10:30am \$20
 Pottery /Ceramics 12-2pm \$25 + materials fees

Check with center or website for complete listing of classes.

Free Fresh Produce

Thursdays, July 12 & 26 3-6 pm

Arrive early to get a number. Bring your own bags

Interested in eating Healthy?

Thursday, July 19

Lisa Gibson will be back again.

This month's topic: "Foods to increase, creating a food budget"

Dodge Morning Walking Club with HOLLY

Mondays - Thursdays 8:15-9 am

The summer weather is here so what better time to join us as we walk along the Scioto mile? We will walk various paths, and if it's raining we will walk around the gym! Bring a friend, get your walking shoes on, and log some steps with new walking challenges each week!

Chair Volleyball

Mondays and Thursdays 1 pm

Come on out and join us for some chair volleyball two times a week. It's great exercise and everyone loves a little competition!

Dodge Chorus

Tuesdays 1 pm

We are always looking for new members so if you would like to sing with our Chorus. Please join us.

Dodge Diet Club

Wednesdays 3 pm

Need some support maintaining, or motivation to start a healthy diet or healthy eating in 2018?

Interested in being on the events planning

committee? Do you have ideas that you would like to share? Would you be interested in helping to plan and coordinate special events at the center? Some of the volunteer opportunities include setting up events, getting supplies for events, (food, bingo prizes and decorations), planning activities (can include entertainment) for the event or being in charge of donations of items for raffles, bingo prizes, etc. Please sign up at the front desk along with what area in which you would like to be responsible. We need a team of enthusiastic and outgoing volunteers to help with these events and those who enjoy working with peers and planning.

Classes for Summer

<i>*Walking Club</i>	<i>Mon-Thurs</i>	<i>8:15 am</i>
<i>Beading</i>	<i>Mondays</i>	<i>9:00 am</i>
<i>Painting</i>	<i>Mondays</i>	<i>10:30 am</i>
<i>You Sew Fine</i>	<i>Mondays</i>	<i>1:30 pm</i>
<i>Quilting</i>	<i>Tuesdays</i>	<i>9:00 am</i>
<i>Chorus</i>	<i>Tuesdays</i>	<i>1:00 pm</i>
<i>Euchre</i>	<i>Tuesdays</i>	<i>12:00 pm</i>
<i>Aerobics w/Margie</i>	<i>Tuesdays</i>	<i>11:30 am</i>
<i>Art Journaling</i>	<i>Tuesdays</i>	<i>1:00 pm</i>
<i>Ceramics</i>	<i>Tues & Fri</i>	<i>1:00 pm</i>
<i>50+ Sewing</i>	<i>Tuesdays</i>	<i>1:30 pm</i>
<i>Clogging</i>	<i>Wednesdays</i>	<i>10:00 am</i>
<i>Service Circle</i>	<i>Wednesdays</i>	<i>9:00 am</i>
<i>Crochet</i>	<i>Wednesdays</i>	<i>1:00 pm</i>
<i>Dodge Diet Club</i>	<i>Wednesdays</i>	<i>3:00 pm</i>
<i>Bingo</i>	<i>Thursdays</i>	<i>11:00 am</i>
<i>Chair Volleyball</i>	<i>Mon & Thurs</i>	<i>1:00 pm</i>
<i>50+ Alterations</i>	<i>Fridays</i>	<i>1:00 pm</i>
<i>Coffee Conversations</i>	<i>Fridays</i>	<i>9 am-12 pm</i>

**added days*

Walk with a Doc

Take steps to a healthier you with Walk with a Doc. Take an hour-long walk led by a Mount Carmel Health Physician. Walkers can come and walk for as little or as

long as they like and enjoy good company, a healthy snack and fun prizes.

Walks are held inside during bad weather.



2018 Walking Dates

8:30 - 9:30 am

Marion Franklin & Woodward Park

July 7, 21
 Aug 4, 18
 Sept 1, 15
 Oct 6, 20
 Nov 3

Far East & Dodge

July 14, 28
 Aug 11, 25
 Sept 8, 22
 Oct 13, 27
 Nov 10

Gillie Walking Group**Tuesdays 8:30 am**

Gillie is teaming up with The Columbus Running Company and LifeCare Alliance Dietitian, Leonor Button to start a walking group.

We will meet at Woodward Park tennis courts to begin our walking sessions. Come and join us for some fresh air, good company and exercise!

Mt. Carmel Mobile Care Clinic**Every 2nd and 4th Tuesday of the month 1-3 pm**

Mt. Carmel Hospital brings its mobile clinic to center and offers medical services to anyone; no matter their age or ability to pay.

Veteran's Group**Friday, July 6 1 pm**

Calling all members of the Armed forces for a meeting of the brotherhood.

OSU Extension Service with Lisa Gibson**Friday, July 6 9:30 am**

Topic: Foods to Increase and Creating a Food Budget

BINGO Mondays, July 9 & 23 1 pm**Eat Better, Feel Better****Tuesday, July 10 11 am**

LifeCare Alliance Dietitian Leonor Button, RD presents: *All about Carbohydrates*

Alzheimer's Association Tuesday, July 10

~Support Group 12:30 pm Everyone is invited.

~Private Consultations 1:30-4 pm for yourself or a caregiver; by appointment (457-6003).

"Beverages and Books" Club**Wednesdays beginning July 11 11 am**

Are you a reader? Well, join us this summer as we explore the interesting world of books.

Peripheral Neuropathy Health Talk**Thursday, July 12 11:30 am-noon**

Suffering with numbness, burning, cramping, sharp electrical pain in arms or legs? Balance problems or falls? Can't Sleep from Foot Pain? Then come learn about the latest treatment options without drugs or surgery and high success rate! Refreshments provided. Free talk by Dr. Daniel Jurus, DC, BS
Call 614-428-9310 to register or sign up at the front desk.

We will be CLOSED for the July 4th Independence Holiday.

Aches & Pains Health Talk**Tuesday, July 17 11:30 am-noon**

Suffering from various kinds of aches and pains?

Then come learn about the latest treatment options without drugs or surgery and high success rate!

Refreshments provided. Free talk by Dr. Daniel Jurus, DC, BS **Call 614-428-9310 to register.**

Senior Services Series:**OSU Extension Office w/ Loretta Sweeney****Tuesday, July 17 10 am**

Topic: Memory Loss

Senior Recreation Council**Wednesday, July 18 1 pm**

All members are welcomed to attend.

Columbus Speech & Hearing**Thursday, July 19 10 am-3:30 pm**

To schedule an appointment, call 261-5452.

Senior Living Truth Series:**The Truth on Senior Living Communities****Thursday, July 19 10-11:30 am**

Every 3rd Thursday of the month New Directions Realty will present "The Senior Living Truth Empowerment Series", (SLTES) The SLTES provides comprehensive information on a variety of topics of interest to seniors and their families.

Please call 614-561-1621 to register.

All American Cookout**Thursday, July 26 11:30 am**

Join us for fun in the sun for our cookout at the **Gillie Café**. We'll be serving barbeque chicken, potato salad, and baked beans just to name a few tasty items. DJ Steve Parker will be there to spin the summer hits and we'll play a few summer games for fun and prizes. Line Dancing will follow at 12:15pm.

No tickets necessary, regular canteen prices will apply to lunch items.



Center Closed: July 4th in observance of Independence Day

Special Thanks to everyone who participated and or volunteered during the Marion Franklin's **2018 Men's Health Awareness Month.**

The Top 10 Benefits of Drinking Water Series

Tuesdays, July 3 – August 7 2:30-3:30 pm

Receive two bottles of ice cold water and learn new and exciting ways to experience the wonders of water at each Tuesday session. Water is the main component of the human body. In fact, the body is composed of between 55 and 78 percent water depending on body size. Adequate and regular water consumption has numerous health benefits. **Each registered participant who completes the series will receive a case of water, certificate and gift card.** Please register at the front desk. Call crystal for more information.

Cool Treats/Summer Heat - Cool Summer Dessert Ideas

Monday, July 9/Tuesday, July 10 1 pm

Fee for 2-day event: \$12

Deadline to Register: Thursday, July 5

Let's have some fun enjoying cool treats and learning how to make great desserts. **No Bake Desserts:** Save time and effort when you whip up these no bake dessert recipes. From no bake dessert bars to no bake chocolate desserts, we have every dessert recipe you can think of, but you won't have to turn your oven on. Please register at the front desk. Cost includes over 50 great recipes, ingredients, take home carriers and more. For more information, contact Crystal.

Let's Be Adventurous Interest Sheet

Are you interested in Zip Lining, Sky Diving, Rock Climbing or Water Rafting? If so, please register at the desk.

Puppetry Class

Interested in something fun and innovative? This is the class for you. Please register at the front.

Book Club Wednesday, July 11 1:30 pm

Book: The Light **Author:** P.D. James
Read & Attend. Location: MCL

Classic 8 Ball Tournament

Thursday, July 12 4 pm Free

Please register at the front desk.

Peripheral Neuropathy Health Talk

Monday, July 16 11:15 am-12:15 pm

Suffering with numbness, burning, cramping, sharp electrical pain in arms or legs? Balance problems or falls? Can't Sleep from Foot Pain? Then come learn about the latest treatment options without drugs or surgery...high success rate! Join free talk by Dr. Daniel Jurus, DC, BS. Refreshments provided. Register at the front desk or call 614-428-9310.

It's not too late!

The Conversation Project

July 23 Part II 11:15 am

The Conversation Project will be held in a two part series and will include: How to start the talk, what's most important to talk about and completing legal documents. Everyone will be provided with a Starter Kit, Living Will and Durable POA for healthcare. The Conversation Project is dedicated to helping people talk about their wishes and end of life care. The Facilitator is Barbara Parker, center nurse. This event is sponsored by Lifecare Alliance. Please register at the front desk.

Aches and Pains Health Talk

Tuesday, July 24 11:30 am-Noon

Suffering from Aches, Pains, Stiffness, or Numbness in the Neck, Shoulders, Back, Hips, Elbows, Knees, Feet or Hands? Then come learn about the latest treatment options without drugs or surgery...high success rate! Refreshments provided. Free talk by Dr. Daniel Jurus, DC, BS
Seating is limited, call 614-428-9310 to register!

Veterans: Ice Breaker

Thursday, July 27 2-3 pm

Calling All Vets

Come out as we prepare for Veterans Day: History & Honor Brunch and Tour of Duty (Trip) Planning Meeting.

Important!!!! Volunteer Check Up

It's almost time again for the Volunteer Recognition Luncheon and we want to make sure you are included. Please make sure your name and hours are updated in the volunteer book. If your name does not appear in the book, please see staff.

Volunteer Opportunities@MF

***The Pink Project Fundraiser-National Breast Cancer Awareness Month Fashion Expression**

Monday, October 8

Interested in helping with a purpose...then we need you!

We are looking for volunteers (men & women): Models, hostess, decorators, registration, marketing, etc. Please call the center or register at the front desk if interested.

***...Because it Matters Fundraiser**

National Sickle Cell Awareness Month Luncheon

Monday, September 24

Volunteers Needed. Please call the center or register at the front desk if interested.

Health & Wellness Information

Nurse Barbara Parker, Lifecare Alliance Wellness Center

Office: 645-7173 Voicemail: 437-2927

**Visit the Martin Janis 50+ Center During the Ohio State Fair!**

We will have daily entertainment, both inside and outside on our patio; good food, demonstrations, and our wonderful craft vendors. Our Model Railroad, Lapidary and Stained Glass classrooms will all be open, and the lapidary, stained glass and woodshop will have items for sale on the main floor! Stop in for air-conditioned comfort and fun!

Joining us at the State Fair:**The Buckeye Singers and the Ballroom Express Dancing Showcase!**

Sunday, July 29 2 pm

See Michael Rose, vocalist, and Linda Jacobs' Ballroom Express!

Eric Garner, vocal artist

Saturday, August 4 1-2 pm

Stop by and welcome back up-and-coming young star Eric with his guitar to the State Fair.

Spelling Bee!

Saturday July 29 9 am-4 pm Auditorium

Public invited to watch the talented young 3rd thru 6th graders in their annual spelling challenge!

Senior Day at the Fair!

Tuesday, July 31 8 am-7 pm

Our center is buzzing with excitement on Senior Day! We'll have special activities and fun all day long. Toni will call bingo with some great prizes (time to be announced), there will be entertainment and our vendors will have special discounts on handmade items.

Gregg's Health Corner

You May Have Type 2 Diabetes - According to the Columbus Health Dept., diabetes is a disease in which blood glucose (sugar) levels are higher than normal. Higher levels of glucose can lead to eye, nerve, kidney damage and heart problems. In Type 2 diabetes, insulin is not used properly by the body causing sugar to build up in the blood. Blood glucose levels tested before you eat or drink should be less than 100 mg/dL. If tested after eating it should be between 70-139mg/dL. A simple blood test will tell you what your blood sugar level is. Some signs of diabetes are increased thirst, urinating often, blurred vision, unexplained weight loss, slow healing of cuts or scrapes, tingling or numbness in arms or legs, unusual tiredness or increased hunger. Ways to lower your risk for diabetes include being active for thirty minutes a day, five days a week, eat balanced meals that are low in fat and calories, eat fruits and vegetables with every meal, control and maintain a healthy weight.

Chair Volleyball!

We now have chair volleyball! Every first and last Monday of each month from 12:30 – 1:30. Sign up at the front desk; see Mary Williams or Ellen Davis for details. Come in and join the fun!

Martin Janis Senior Council

Due to the Ohio State Fair, there will be no council meeting in July. NOTE: Any Martin Janis member interested in running for office in Martin Janis council, please see Ellen Davis (614-424-0066) or check at the front desk. Elections will be held in September.

Center Closings

July 4: Independence Day

All centers closed.

August 20 – 31: Martin Janis closed for cleaning (last day of classes August 17).

Save the Date:

The Martin Janis Annual Health Fair!

Wednesday, September 26 10 am-4 pm

Gregg's fair is growing in popularity every year, come by for some great info and informational presentations!

Participants must present payment upon registration for all activities with fees.



Cards and Board Games

Mondays 1:30-3:30 pm; Free; Community Room

Bid Euchre (6, 7 or 8 handed can be played)

Everyone is welcome!

Tuesdays; Noon-3 pm; Free; Community Room

Progressive Bridge

Thursdays; Noon-3:30 pm; Free; Community Room

Progressive Regular Euchre: \$2 per person

Thursdays & Fridays; Noon-3 pm; Dance Room

(Have fun and win grocery prizes!)

Captain's Table

Mondays 11:30 am-1 pm \$5



Come join us on Mondays for the best lunch deal around. The warmer months are here so we alternate between a potato and salad bar. Bring your appetite and \$5; and we'll see you every Monday.

Contact the center with any questions.

Open Pickle Ball

Tuesdays & Thursdays

9:30 am-Noon

Beginner

12:30-2:30 pm

Intermediate/ Advanced

Wednesdays

6:15-8 pm

All Levels

Cost \$10 (Open Sports Pass Needed)

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise.

International Folk Dancing

Mondays

7-8:45 pm

Free Dance Room



Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's

"No fault folk dancing." Meet in the shelter house in the park.

Contact the center with any questions.

Whetstone 50+ Writers: Memory to Memoirs

This group meets every 1st and 3rd Thursday of the month. **Contact the center with questions about meeting times.**

Classes

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including:

Wii Bowling

Tuesdays 10:30 am-Noon Free

Everyone comes at this time.

The Body Shop Workout

Tues./Thurs. 3:45 pm, 4:45 pm & 5:45 pm \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass, \$150 for 30 class pass

Poetry & Prose

Thursdays 1-3 pm Free

Woodcarving

Meets every 1st & 3rd Tuesday 6 pm Free

Bring your own supplies.

Wood Chippers

Wednesdays 9 am-Noon Free

Bring your own supplies

Open Walking- Gym

M, T, Th, & F 8:30-9:15am Free

Fearless Falling (Adult Safety Skills)

Fridays 10:30-11:30 am

\$30 for nine-week session

Gentle Yoga

Wednesdays 10-11am or 7:15-8:15pm \$50 each

See Center Class Schedule for complete class listing. **Schedules are available in hardcopy at the front counter** & can also be downloaded from either of our websites at www.columbusrecparks.com or www.whetstonepark.org. Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>

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**Jazz And Rib Fest
July 20-22
See page 1 for more details.**



Centers will be closed Wednesday, July 4.